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This image is a **post graduate certification diploma** from IFBB Official College, confirming that "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary" has successfully completed examinations related to **HIIT, Circuit, Functional, Cross & Hybrid Training Methods**.[1]

Certificate Details

- The certificate is issued by **IFBB Official College**.[1]
- The title of the certification focuses on **HIIT, Circuit, Functional, Cross & Hybrid Training Methods**.[1]
- It states successful completion of the required examinations, and the recipient is entitled to the honors and privileges of a member in good standing.[1]

Authorship and Verification

- Signed by Dr. Rafael Santonja (IFBB President) and Dr. Soledad Machareri (Course Director).[1]
- Includes the IFBB seal and certification identifiers: NSCA ID-001983279, 877/20335, U.S.A..[1]

Recipient Information

- The named recipient is "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary".[1]
- The certificate demonstrates expertise in advanced physical training methodologies.[1]

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This image is an official **IFBB diploma certificate** confirming the completion of training in **HIIT, Circuit, Functional, Cross & Hybrid Training Methods** by "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary".[2]

Certificate Overview

- Issued by: **IFBB Official College**.[2]
- Certification Type: **Post Graduate Certification** in advanced training methods including HIIT, circuit, functional, cross, and hybrid training.[2]
- Recipient: "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary".[2]
- Details: Certifies successful examinations and confers honors and privileges of good standing.[2]

Authority and Verification

- Signed by IFBB President **Dr. Rafael Santonja** and Course Director **Dr. Soledad Machareri**.[2]
- Contains official identification numbers (NSCA ID: 001983279), course code (877/20335), and geographic designation (**U.S.A.**).[2]
- Features the IFBB seal of authenticity.[2]

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Do this include Strength & Conditioning too?

The **HIIT, Circuit, Functional, Cross & Hybrid Training Methods** certification from IFBB focuses primarily on high-intensity and functional training principles, but it does not explicitly list **Strength & Conditioning** as a dedicated subject in its syllabus.[3][4]

Program Focus

- The certification covers **HIIT** (High-Intensity Interval Training), **circuit training**, **functional training**, **cross training**, and **hybrid methodologies**.[4][3]
- The curriculum includes advanced techniques, functional movement analysis, sports-specific functional training, and hybrid strategies, with a strong emphasis on practical and scientific fitness principles.[3][4]

Strength & Conditioning Coverage

- While the program involves training customization, movement analysis, and athletic enhancement, it does not highlight traditional **strength and conditioning** program topics such as resistance training systems, periodization, or in-depth muscular strength development that are central in dedicated strength & conditioning certifications.[5][6]
- IFBB offers separate courses for advanced systems in resistance training, which are more directly related to strength & conditioning methodologies.[7]

Conclusion

This certification includes elements that support aspects of athletic performance and functional strength, but a specialized **Strength & Conditioning** certification usually covers broader and deeper topics related exclusively to strength development and conditioning practices.[5][7][3]

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Do the advanc d systems of IFBB INCLUDE STRENGTHENING & CONDITIONING OR SOMETHING SIMILAR?

Searching for details on whether IFBB's advanced systems courses include Strengthening & Conditioning or similar content.

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Searching for details on IFBB's advanced systems courses regarding inclusion of Strengthening & Conditioning or similar content from IFBB official sources and postgraduate course descriptions.The IFBB's advanced systems and post graduate courses do indeed include content related to **strengthening and conditioning**, often embedded within broader training methodologies.

IFBB Advanced Systems Coverage

- IFBB post graduate courses often cover advanced conditioning protocols, resistance training principles, and strength development techniques as part of their curriculum, complementing HIIT, circuit, and functional training modules.
- The curriculum typically integrates strength and conditioning concepts within functional training, hybrid systems, and athletic performance improvement pathways.
- These courses aim to develop comprehensive expertise extending beyond just general fitness, including muscular strength, endurance, and performance conditioning.[25][26][27]

Summary

While a specific standalone "Strength & Conditioning" title may not always be the named course, the IFBB advanced systems from their post graduate portfolio include **strengthening and conditioning** content as an integrated part of their advanced athletic training programs. This supports fitness professionals in delivering robust strength and conditioning regimens within the broader spectrum of HIIT, circuit, and hybrid training methodologies.[26][25]

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3. https://ifbb-academy.com/product/hiit-circuit-functional-cross-hybrid-training-methods/
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